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SILVER WINGS

“Back to the basics”

Vol. 33, Issue 8

Columbus Air Force Base, Miss.

February 27, 2009

Weather

Today

High: 73, Low: 56
Thunderstorms

Saturday

High: 56, Low: 32
Morning showers

Sunday

High: 52, Low: 26
Partly cloudy

Monday

High: 57, Low: 26
Partly cloudy

News Briefs

Auto Cross

Auto Cross will be at the SAC ramp
tomorrow and March 1 beginning at 10 a.m.
All drivers and cars are welcome. For more
information please call 434-2337.

Assignment Night

Specialized Undergraduate Pilot
Training Class 09-06 will hold their assign-
ment night at 5 p.m tonight, at the
Services Activity Complex.

Daylight Savings Time

Daylight Savings time begins March 8.

Inside



Feature 8

The IMSO's care
of international stu-
dents is highlighted
in this week's feature.

BLAZE Team welcomes
AETC CC/CCC Conference


Dear Commanders and
Command Chiefs,

On behalf of the men and
women of the 14th Flying Training
Wing, I welcome you to Columbus
Air Force Base. Everyone is com-
mitted to our “BLAZE” goals of
Building Leaders, Advancing
Integrity, Service before Self and
Excellence in All We Do. Our
vision is to instruct, educate and
innovate, and we are eager to share
all the BLAZE Team has to offer.

Columbus AFB enjoys an out-
standing relationship with our
local community partners. Our
civic and business leaders have
asked me to extend their welcome
to you as well. Though you will
be busy, we hope you find an
opportunity to experience
Southern hospitality at its finest,
right here in Columbus,
Mississippi.

The BLAZE Team has never
been better than it is today! Our
Airmen look forward to serving
you and making this a conference
to remember. We are dedicated to
ensuring your visit is productive,
safe and enjoyable.

Sincerely,



ROGER H. WATKINS, Colonel,
USAF
Commander, 14th Flying
Training Wing

AETC CC/CCC CONFERENCE

FORGING THE FUTURE

DEVELOP AMERICA'S AIRMEN TODAY ... FOR TOMORROW

Lead•er•ship

1. the position or function of a leader.
He managed to maintain his leadership of the party despite
heavy opposition.

2. ability to lead. She displayed leadership potential.

3. an active instance of leading, guidance, direction.
They prospered under his leadership.


4. the leaders of a group. The union leadership agreed to arbitrate.


"Courage - a perfect sensibility of the measure of danger,
and a mental willingness to endure it."
- William T. Sherman


"In every battle there comes a time when both sides
consider themselves beaten, then he who continues
the attack wins."
- Ulysses S. Grant


"True courage is being afraid, and going ahead and
doing your job."
- General Norman Schwarzschild


PART II


George S. Patton


Douglas MacArthur


General of the Armies of the United States


General of the Armies of the United States


General of the Armies of the United States

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Squadron

Track Select

37th (09-14) 7.71 day

41st (09-15) -4.52 days

PHASE III

Senior Class

Squadron

Overall

48th (09-06) -1.52 days

50th (09-06) -0.37 days

IFF

Senior Class

Squadron

Overall

49th (09-EB) 6.03 days

WING SORTIE BOARD

Aircraft

Required

Flown

Annual

T-6 2,326 2,345 11,405

T-1 832 820 4,358

T-38 663 667 3,343

IFF 223 228 1,191

Graduation speaker: The graduation speaker is Brig. Gen. Scott Hanson, deputy director, legislative liaison, Office of the Secretary of the Air Force.

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A variety of activities are offered for base families

Club membership drive

The Columbus Club is conducting a club membership drive and current members have an opportunity to earn extra entries into the drawing for a \$500 Visa gift card or two \$100 Visa gift cards. The drawing will be held April 16 at 6 p.m. at the club's Spirit Night. For more information about the club and membership benefits, contact the marketing office at 434-2337.

Blaze Lunch cancelled for March 4

Due to the Commanders Conference next week, the Blaze Lunch is cancelled for March 4 but will return March 11. For more information call 434- 2490.

Bowling center spring break special

Bowl for 50 cents a game during Spring Break, March 16 to 20. Times available are all day Monday, Wednesday and Thursday and from 7 a.m. to 5 p.m. Tuesday and Friday. Special is available to ages 18 and younger. For more information call 434-3577.

Spring Break day camp

The youth center offers a day camp from 7 a.m. to 6 p.m. during Spring Break, March 16 to 20. Program is open to Kindergarten through sixth graders. Activities include skating, bowling, field trips, crafts, games and more. Register by March 6 at the youth center. Cost is based on total family income. Limited spaces are available. For more information call 434-2504.

Instructors needed for youth mini-camps

The youth center is seeking instructors for mini camps for the summer. If you have a talent you would like to share with base youth, contact the youth center by April 15. Camps may be three to five days in length. Instructors may charge a fee or provide camp for free. Camp registration will begin April 28 at the youth center. For more information, call 434-2504.

Play in the Air Force March Madness program

Pick up a game piece at the bowling center, Columbus Club or golf course. Go online to www.airforcemarchmadness.com and find out how to play. Grand prize is a trip for four to the 2010 Final Four Game

which includes air, hotel, rental car, game tickets and \$1,000 in spending money - a \$6,000 value. Second place wins \$5,000, third place wins \$2,500, fourth place wins \$1,000 and fifth through ninth place finishers in the bracket contest receive an indoor arcade style basketball shooting game system. Must be an eligible user of non-appropriated fund facilities and 18or older at the time of entry. Only one game piece per person per visit is authorized ;and no purchase is necessary.

Disney summer trip

The information, ticket and travel office offers a trip to Disney World in Orlando, Fla., July 19 to 25. The bus tour price per seat is \$147 per person round trip and includes shuttle to and from Disney World for five days. The hotel is the Holiday Inn SunSpree Resort in Lake Buena Vista and each room has two queen beds and will sleep four to six people. Price for the week per family is \$675. The military member receives a free five day hopper with water park pass while each companion ticket up to 60 percent off. There are only 30 seats available on the bus. A layaway plan is available. For more information, call 434-2507.

Monte Carlo night

The Columbus Club is offering this program starting at 6 p.m. March 21. Cost is \$10 for club members and \$20 for non-members. Purchase tickets or make reservations at the Columbus Club by March 17. Free hors d'oeuvres will be available from 6 to 7 p.m. compliments of the Landings at Columbus. Cost includes \$500 in chips and re-buys are \$10 each. Over \$1,000 in prizes to bid on. For more information, call 434-2490.

Paintball grand opening

The paintball field grand opening will be at 9 a.m. March 14. More to follow. For more information, call 434- 2507.

White water rafting trip

The outdoor adventure program is offering a white-water rafting trip May 29-31. The deadline to register is March 13 at Outdoor Recreation. Cost is \$160 per person and includes transportation and meals on Saturday and rafting the middle river on the Ocoee. For more information, call 434-7861.

St. Patrick's Day pub crawl

The information, ticket and travel office is offering this night-time outing for

adults starting at 6 p.m. March 17. Cost is \$20 per person and includes transportation to several local establishments and ending with a good ole Irish sing along. For more information, call 434- 2507.

Memphis in May

The information, ticket and travel office will offer a Memphis in May trip May 16-7. Cost is \$150 per person, double occupancy, \$135 per person with three to a room or \$125 per person with 4 to a room. Cost includes transportation, lodging with breakfast included and entry both days. Departing at 8 a.m. Saturday and returning at 9 p.m. Sunday. Must have at least 16 registered by May 2 to offer.

Base Level Photography Contest

The youth center offers this program to youth, ages 6 to 18 with judging and display of photos from 4-6 p.m. March 12. Winning photos will compete in Regional Competition. For more information, call 434-2504.

St. Patrick's Day Dance

The youth center offers this event for ages 13 to 18 from 7 to 10 p.m. March 14. Cost is \$1 for youth center members and \$3 for nonmembers. For more information call 434- 2504.

Youth Lock-In

Youth ages 9 to 12 are invited to participate in the youth lock-in scheduled from 9 a.m. March 13 until 7 a.m. March 14. Cost is \$10 per person. Must have at least 15 registered by March 10 to offer. For more information, call 434-2504.

AF Teen Aviation Camp

The deadline is March 13 to turn in an application to the youth center for this camp. Camp dates are May 30 to June 4 at the USAFA in Colorado Springs, Co. Program is open to high school students entering their sophomore or junior year in the fall of 2009. Applications are available at the Youth Center. Teens who participated in the 2008 camp are not eligible to apply. For more information, call 434-2504.

Adult and youth crafts classes

The arts and crafts center offers classes for youth and adult every Thursday at 10:30 a.m., 2:30 p.m. and 5:30 p.m. A display of class projects is available in the lobby.

Upcoming classes include making a a3-D leprechaun cottage, a tissue paper rainbow, a bug catcher, butterfly wind chimes, a shamrock necklace, a decorative Spring fence with flower pots, an Easter egg ornament and an Easter Bunny door wreath. Kid's crafts classes are \$5 each and adult classes range from \$10 to \$20 depending on the class. The kids crafts can be purchased "to go" for just \$3. Parents provide the glue, markers and scissors. For more information call 434- 7836.

Self help car wash

There is a self-help car wash located behind the youth center on Ninth Street. Cost is \$1 for 5 minutes and customers may add a quarter for each additional minute before the time ends for an extended wash. 434- 7842.

Massage therapy

The fitness center offers massage therapy by appointment only. Cost is \$30 for 30-minutes, \$50 for 60-minutes and \$75 for 90-minutes. For more information or to make an appointment, call 251-3058.

Casino trips

The information, ticket and travel office offers a trip to the Silver Star Casino the first Friday of every month. Cost is \$20 per person and includes transportation and \$25 in casino play. Groups of ten or more may book a trip anytime. For more information, call 434-2505.

Youth Employment Skills Program

The YES Program is an on-base volunteer program for high school students that pays \$4 per hour through the AF Aid Society. YES allows high school students to "bank" \$4 in grant funding for every hour volunteered in an on-base function. Students may accumulate as much as 250 hours over all 4 years of high school. Teens must be dependents of active duty air force to be eligible and must be at least a freshmen in high school. For more info contact Mr. Hamilton at 434-2504.

Personal trainer available

The Fitness Center now has a personal trainer available and is accepting new clients. Free consultation sessions are available. Individual sessions are \$12.50 for 30-minutes or \$25.00 per hour. Contact Lindsey Stinets at 425-6982 or email lstinets@hotmail.com.

CSAF to Airmen: Everyone is important

Staff Sgt. Matthew Bates
Defense Media Activity-San Antonio

LACKLAND AIR FORCE BASE, Texas — The Air Force's top officer had one message for Airmen during a town hall meeting here Feb. 20: Every Airman is important.

Air Force Chief of Staff Gen. Norton Schwartz said all Airmen are integral to the service's success and no job or no one is more important than another.

"I think the fundamental thing is that everybody counts," he said. "No one, no job, no specialty is more important than any other. Everyone matters and everyone is an important part of this team."

Fighting two wars is not easy, he added, but today's Airmen are helping the joint team succeed with the full range of capabilities the Air Force has to offer.

"Our folks who are downrange are supporting the mission, they're doing it well and they should be proud of that," General Schwartz said.

Still, just because someone is not on the front lines does not mean he or she is not contributing to the fight.

"Do not measure your worth by your proximity to the fight," he said.

The general also said Airmen have a special duty to serve their country to the best of their ability.

"We have an obligation to serve our nation with honor and perform exceptionally," General Schwartz said. "We should also recognize we are doing something special when we serve our country."

Service, the general said, presents every Airman with limitless possibilities.

"The Air Force is a magnificent institu-



U.S. Air Force photo/Staff Sgt. Desiree N. Palacios

Gen. Norton Schwartz outlines current military issues Feb. 20 during a town hall meeting at the Bob Hope Theater on Lackland Air Force Base, Texas. General Schwartz is the Air Force chief of staff.

tion," he said. "Anything is possible and anyone can go as far as they want to."

Yet, according to the general, the Air Force's evaluation system, for both enlisted and officers, needs revamping.

"Not everyone is a five," General

Schwartz said. "We need to be honest with ourselves and we need to be authentic how we rate each other."

Ultimately, the general said he is impressed with today's Airmen and is excited to meet tomorrow's challenges with them.

"The United States Air Force is 'all in' and whatever is required of us as the nation's air force we will do and we will do it well," he said. "I value your work, your service and your sacrifices and I am working tirelessly to continually improve our Air Force."

Every military member is an ambassador to other cultures

Capt. Marc Miedziak
International Military Student Officer

There is a good chance that while you are associated with the military you will be given the opportunity to spend an extended amount of time in another country. It could be as a temporary duty for only a couple of months or you might take your family to Europe for a few years.

However long your stay, it provides a chance to greatly improve your personal understanding of another culture.

The truly surprising part is how often you can use this knowledge and how much of a positive impact you can have on others through your new cultural understanding.

The United States of America has long been referred to as a melting pot of cultures, a place where every country has some representation. With the global integration going on around us, a blending of cultures is becoming more commonplace elsewhere as well.

As members of the military we take small pieces of culture with us every place we go, picking up new items along the

The United States of America has long been referred to as a melting pot of cultures, a place where every country has some representation. With the global integration going on around us, a blending of cultures is becoming more common-place elsewhere as well.

way. Some of the things we pick up may seem very minor to us at the time, such as the polite way to introduce someone. But these small points of culture can open doors for you in the future by providing a good first impression.

Consider: When you are trying to get something done in another location what type of people do you want to work with? Wouldn't you rather work with people who are polite,

friendly and open-minded?

With our smaller, more dynamic military, we are becoming the individuals that natives must work with in foreign countries.

Our culture and customs are foreign and not understood, which will naturally make others uncertain about what we are trying to accomplish. As the outsiders, it is up to us to bridge the cultural gap so that we are able to complete our task.

This task is most likely only short term; it may be forgotten within a few months. To help ourselves for the long term, we also must leave a positive, lasting impression.

Every one of us is a good will ambassador – if one person leaves a bad impression it will be applied to everyone from that culture. Individuals that we work with on our TDYs in foreign countries will most likely deal with the American military culture again.

A positive impression goes a long way towards building lasting relations with another culture, and it all starts with one person.



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Discipleship Training • 5:00 PM ~ Evening Worship • 6:00 PM
Wednesday Prayer Meeting • 7:00 PM ~ Children's Ministry ages 0-5yrs. • 7:00 PM
Focus on Christ K-5th • 7:00 PM ~ Youth Fellowship 6th - 12th • 7:00 PM
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March 16 - 22

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The United States Air Force Spouse Pin Program







www.yourguardiansoffreedom.com

Recognizing the Spouses of America's Air Force

Base News

Education Counseling Hours

Education counseling (CCAF, Bachelor's/Master's programs, Tuition Assistance, etc.) is now available Mondays and Wednesdays from 1 p.m. to 4 p.m. by appointment only. Please contact Edward Hodge at 434-2562 to schedule.

Magnet School Lotteries soon

This fall, the Columbus Municipal School District will begin the second year of magnet schools; and as in last year, in order to be assigned to the theme of choice, parents and students must enter the lottery. School choice forms are available via several methods; they will be sent home with current CMSD students, at the CMSD Central Services Office on McArthur Drive, or at the CAFB School Liaison Office located in building 730, room 202A. CMSD officials urge parents to get their children signed up for the lottery early to ensure their children are placed in their first choice. In the past, upwards of 97 percent of students receive their first choice. The deadline for submitting lottery applications is March 27, at 4 p.m. The lottery for the 2009-10 school year will be conducted on April 17th. Additional information is available on the CMSD Website at www.columbuscityschools.org or you may contact the CAFB School Liaison at 434-2792.

Tax Services

H&R Block will be providing tax preparation services through April 15, 2009. They will be located in the Columbus AFB Exchange. Please call Tom Darnell at 434-0070 for more information or to set up an appointment as hours will vary.

DRMO

Authorized personnel may retrieve property that is marked for DRMO Facilities only if they are still physically located in Base Supply. For more information, call 434-7233 to review the property or call Stock Control Section at 434-7179 or 434-7198. To check for authorization and Demand Processing Section, call 434-7178 to order the property. All other DRMO processing is done via the Web at www.drms.dla.mil.

Zero Overpricing Program-Incentive Awards

Overpricing is an issue everyone should be working. All personnel are encouraged to participate, and will be rewarded for any tangible savings resulting from their price challenge. Monetary awards will be given in accordance with AFI 38-401, The Air Force Innovative Development Employee Awareness Program. Advice and guidance are available by calling the Customer

Service element of Base Supply, located in Building 158, at 434-7178.

Contemporary Movie Showings

Join us at the Columbus AFB Chapel the last Thursday of each month from 6 p.m. to 9 p.m. for fun, food and fellowship, as we watch a contemporary movie, have dinner and discuss what God has planned for us. Please call the chapel at 434-2500 to sign-up. There is no fee for this class. There is no childcare available.

Schedule as follows:

Little Women: March 26

Sense and Sensibility: April 30

DRMO as a source of supply

Interested, authorized personnel may retrieve property that is marked for DRMO Facilities only if they are still physically located in Base Supply. The POC's for this process are the Inspection Section at 434-7233 to review the property, Stock Control Section at 434-7179 or 434-7198 to check for authorization and Demand Processing Section at 434-7178 to order the property. All other DRMO processing is done via the Web at: www.drms.dla.mil.

Weight Loss with Wisdom

It's time to make that New Year's resolution to get those unwanted pounds off for good, but who wants to do it alone? Please join us at the Chapel each Thursday 4:30 p.m. for advise, instruction and prayer for our goals. Lose a little weight with some friends. For more information, please call the Chapel office at 434-2500.

Supply Customer

If you are looking for that special piece of equipment or furniture for your office, your point of contact is the Inspection Section of Base Supply. Inspection maintains the Last Look Area, which has used equipment and furniture turned in from other organizations that no longer have a need for the items. All items in the Last Look Area are available without charge to your organization. For more information, you can contact the Inspection Section at 434-7233 or 434-7234.

Attention All Deployers

The 14th Communications Squadron has a new system which allows you to place "free" telephone calls back home from your deployed location via DSN. You can call every day or once a week; whichever you prefer (allotted time is 3.5 hours a week). Pin numbers are required and can be picked up along with instructions from the Telephone Systems office located in Building 900, Room 9. Please call 434-2020 for additional information.

Do you have a supply problem?

Do you have a supply problem? Do you need a status on an item you ordered? Did you receive the wrong part? The Customer

Service Element is the single point of contact requiring assistance on supply related matters. For assistance, you may contact customer service at 434-7178.

Gas Mask Fit Test

Gas Mask Fit Testing will now be by appointment only. Appointments will be taken Wednesdays and Fridays from 8 a.m. to 4 p.m. Exceptions to appointment times will be made for deployers only. For more information, call Bioenvironmental Engineering at 434-2286 or 434-2226.

Thrift Shop

The Thrift Shop is open for consignments of household goods, appliances that are in good working order, furniture and electronics. Please, no computer equipment. Clothing is accepted as donation items only.

The Thrift Shop is open Tuesdays and Thursdays from 9 a.m. to 1 p.m. Consignments are taken up until noon.

Airman and Family Readiness Center

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790 or email afrc@columbus.af.mil.)

Pre-Deployment Brief

There is a mandatory briefing for active duty personnel who are deploying or going on a remote tour. The brief is held every work day at 9:30 a.m. Spouses are welcome to attend.

Wing Newcomer's Orientation

The Wing Newcomer's Orientation will be held March 10 from 8 a.m. to 4 p.m. for newly arrived active duty members and civilians.

Job Skills Identification Workshop

The Job Skills Identification Workshop will be held March 11 from 10 a.m. to 11 p.m. at the AFRC. Workshop assists individuals to identify their job skills and match skills to an employer. Call 434-2790 for more information.

Lunch and Learn

Today's Lunch and Learn will focus on anger management. Bring your lunch, event starts at 11 a.m. and ends at 12 p.m.

AFAS Grant Program

Do you have a son, daughter or spouse in college or starting college in the fall? Would a \$2,000 grant help pay their college expenses? Contact your AFAS Section immediately. The AFAS's General Henry H. Arnold Education Grant Program

helped 3500 college students last year ... and expects to make further awards in 2009. Don't hesitate because you think you make too much money. Find out now, the deadline is March 6.

TAP Workshop

A Transition Assistance Program workshop will be held 3-5 March starting at 7:30 a.m. Seminars on March 3: 7:45 a.m. Health Benefits; 8:45 a.m. Miss. Department of Employment Security; 9:30 p.m. Department of Veterans Affairs; 12:30 p.m. Disabled TAP; 2 p.m. Department of Labor TAP portion. Spouses are encouraged to attend with their sponsor. For more information call 434-2790.

Post-Deployment Brief

This mandatory briefing is for active duty personnel who are returning from deployment or a remote tour are held daily at 1:30 p.m. at the A&FRC. For more information, call 434-2790.

Pre-separation Counseling

This mandatory briefing for personnel separating or retiring to be completed at least 90 days prior to separation is held daily at 8:30 a.m. May complete up to 12 months prior to separation or retirement. This briefing takes approximately 30 minutes. For more information, call 434-2839 or 434-2790.

Budgeting Basics

This event is held every Wednesday from 11 a.m. to noon at Airman & Family Readiness Center. Learn practical ways to tell your money where to go rather than wonder where it went. For more information, call 434-2790.

AFAS...Air Force People Helping Each Other

Sudden emergency and no cash? It can happen to anyone. Your Air Force Aid Society has assisted Air Force people for 66 years and is there to help you. Call 434-2855 for more information.

Chapel Schedule

Protestant

Sunday: 9 a.m. — Adult Sunday School
10:45 a.m. — Traditional
Worship Service (Children's Church)

All are invited to a fellowship luncheon following the 10:45 a.m. service the fourth Sunday of each month

Catholic

Thursday
5 p.m. — Choir Practice

Sunday:
3:45 p.m. — Choir Practice
4:30 p.m. — Confession
5:00 p.m. — Mass

Air Force efforts put nuclear security back on track

Samantha L. Quigley

American Forces Press Service

MINOT AIR FORCE BASE, N.D. — Prioritization and "incredible attention to detail" have restored "nuclear surety" in the Air Force, the general in charge of the service's nuclear program said here Feb. 19.

Nuclear surety is the equipment, people and processes aimed at ensuring the safety, security, reliability and control of nuclear weapons.

After an erosion of the nuclear process that began at the end of the Cold War, Maj. Gen. Roger Burg, commander of the 20th Air Force, said he feels the service is back on track, even though the required standards to pass a nuclear surety inspection have never changed. What is different, he said, is how the service has applied the standards.

"I will say our application of those standards has changed dramatically," General Burg said. "And our oversight of any problems identified in the inspections has changed dramatically."

It wasn't until a B-52 Stratofortress from Minot Air Force Base flew nuclear-tipped missiles cross-country to Barksdale AFB, La., in October 2007 that nuclear surety became a newsworthy topic, General Burg said.

"An equally well-publicized event that occurred several years earlier ... involved the [intercontinental ballistic missile] force [and] the fuses that were erroneously sent to Taiwan," he said. "I think it rightly made all of us question how could such a thing happen."

The fuses were shipped to Taiwan from Utah in August 2006.

These are the types of incidents nuclear surety is designed to prevent.

A nuclear surety inspection for an ICBM or bomber unit is a broad, intrusive type of inspection, General Burg said. Hundreds of areas might be inspected and each area may have hundreds or even thousands of individual pieces of equipment, records, and activities to be inspected.

After the Cold War, Air Force leaders decided to shorten the inspection time frame and decrease

the size of its inspection team. Instead of inspecting everything, they began taking representative samples, General Burg said.

"It wasn't an intent to say, 'Let's not take care of this business,'" he said. "It was an intent to say, 'How can we do this business more efficiently?'"

The 2007 and 2008 incidents prompted the Air Force to resume 100 percent inspections, General Burg added. That includes personnel medical records in addition to equipment and activity logs.

"One of our key areas is looking at the Personnel Reliability Program, which is how we maintain confidence in the people who are working around nuclear weapons," he said. "In the past, we might inspect 20 percent of the medical and personnel records of people associated with a certain unit.

"You'll have thousands of potential points [to inspect], any one of which, if found to be deficient in a critical way, could lead to the finding of an unsatisfactory for the wing," General Burg said. Deficiencies receive immediate attention, he said.

The process of maintaining nuclear surety has become the top Air Force priority, Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff noted during his visit this week here. The chairman toured several sites including the weapons storage area and a missile maintenance trainer.

The Air Force is reorganizing to better support the nuclear enterprise, General Burg said. But inspections will get a unit only so far.

"You do not make an organization excellent by inspecting it," he said. "You make it excellent by supporting it with priority, with resources, with people, with experience. That's what the Air Force is doing with these nuclear units now."

General Burg added that he's OK with inspections turning up deficiencies despite the goal of achieving excellence.

"I'm never satisfied that ... we're getting better because we're not finding fewer problems," he said. "[What] we're not finding now indicates an incredible attention to detail."


We are all recruiters

Each Air Force member is an "ambassador in blue." Each person can make a difference in someone else's decision to join the Air Force.

Get involved in youth programs, whether in high schools or through church and community organizations. Be a role model in your community.

Take advantage of the Recruiter Assistance Program. Each member of the Air Force is authorized a permissive TDY home for up to 12 days to perform recruiting duties with the local recruiter.

Talk with others about what the Air Force has done for you and the successes you've had because you joined.



The Enlisted Perspective

By CMSAF Rodney J. McKinley

Service Before Self

What does "Service before Self" really mean? As Airmen, we raise our right hand and swear to defend our country, but how far does this commitment carry into our every action... our every endeavor?

When we look for guidance on serving, we need to look no further than the "Little Blue Book," the United States Air Force Core Values booklet. The booklet says, "Service before self tells us that professional duties take precedence over personal desires." The booklet goes on to say we must place the needs of others above our own personal comfort, that we must exhibit discipline and self-control in our daily affairs, and that we must have faith in the system — our Air Force. Faith in the system is also having faith in our leaders. We have to understand they have the facts and make decisions based upon the needs of the Air Force and all Airmen.

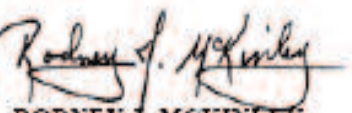

The booklet also states this core value is about following the rules. "To serve is to do one's duty, and our duties are most commonly expressed through rules. While it may be the case that professionals are expected to exercise judgment in the performance of their duties, good professionals understand that rules have reasons for being, and the default position must be to follow those rules unless there is a clear, operational reason for refusing to do so," according to the booklet.

We place service ahead of our own self interests in many ways. When we deploy; when we take a new assignment, even though it isn't the location or the timeframe we may have wanted; when we must retrain out of our career field, even though we are very happy in our present duty — these are all examples of service before self.

Service before self does not mean you stop taking care of your families. Our families are a critical element of the Air Force family. Our service should enhance their health, morale and welfare — not take away from it. While Air Force duties take up a large chunk of our time, we must take every opportunity to spend time with our families and involve ourselves in their lives too.

This principle of service before self also does not mean Airmen should not pursue higher education, participate in off-duty activities or pursue personal and professional development. The Air Force desires well-rounded Airmen who are physically, mentally and spiritually grounded. It is beneficial when these extra-curricular pursuits align with service and mission requirements.

I know Airmen are proud to serve. Every where I travel I encounter Airmen who serve our great nation with diligence, commitment and unwavering devotion. Many of our severely wounded warriors are overcoming huge physical barriers to continue serving in the Air Force. While every Airman does not have to deal with this level of extreme personal sacrifice, we all have the same calling to place service before self in everything we do.



RODNEY J. MCKINLEY
Chief Master Sergeant
of the Air Force

Spread the Word briefing visits Columbus

Senior Airman Jacob Corbin
14th Flying Training Wing Public Affairs

An Air Force Personnel Center Spread the Word Briefing Team visited Columbus Air Force Base Feb. 23.

The team was here to “spread the word” about various AFPC concerns, including the move of personnel services to a centralized service center, deployment issues, uniform changes and issue/challenges that will be coming up in the future.

“The Air Force’s top priority is taking care of Airmen and their families,” said Col. James Weimer, AFPC deputy director of assignments. He said the briefings are to

“The Air Force’s top priority is taking care of Airmen and their families,” said Col. James Weimer, AFPC deputy director of assignments. He said the briefings are to give Airmen and their families the “benefit of information in a changing Air Force.”

give Airmen and their families the “benefit of information in a changing Air Force.”

The colonel said currently the Air Force, due to having less personnel Airmen, is going from a system where what was once done at the base level, will now be handled at AFPC’s call center.

Things like retraining applications and

assignment preferences are now handled by the individual Airmen, while more complicated issues like promotion verification are done at the call center. Base-level personnel centers will still handle day-to-day operations such as issuing I.D. cards, he said.

The AFPC team also focused on deploy-

ments, including the 365-day deployment system. They said the system came about by combining aspects of a permanent change of station with a standard deployment.

In addition, they went over the new deployment banding system that is replacing the standard AEF system.

Paula Blackwell, a briefer with the Civilian Force Integration Directorate, also said that they’re working on improving the civilian hire system.

“We’re working to do a better job and speed up the process,” she said.

To view copies of the presentation please visit www.columbus.af.mil and view this story online.



U.S. Air Force photo/Senior Airman Jacob Corbin

(From left to right) First Term Airman’s Center graduates Airman 1st Class Jason Pincheon, 14th Civil Engineer Squadron; Airman 1st Class Terrance Williams, 14th Security Forces Squadron; Airman Maria Pagan-Moronta, 14th SFS; Airman 1st Class Matthew Vaccaro, 14th Operations Support Squadron and Airman 1st Class Brandon Stevick, 14th CES, stand with Master Sgt. John Berube, FTAC instructor, Feb. 20. FTAC is a one-week training program that helps Airmen transition from a training environment to the operational Air Force.

The Airman’s Creed

I am an American Airman.
I am a Warrior.
I have answered my nation’s call.

I am an American Airman.
My mission is to fly, fight, and win.
I am faithful to a proud heritage.
A tradition of honor,
And a legacy of valor.

I am an American Airman.
Guardian of freedom and justice,
My nation’s sword and shield,
Its sentry and avenger.
I defend my country with my life.

I am an American Airman.
Wingman, leader, warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.

Professional Boxing: Boxer, 2008 Olympic medalist and Tuscaloosa, Al., native Deontay Wilder will be at the Trotter Convention Center March 6. Doors open at 6 p.m., fight starts at 7 p.m. Tickets are \$25 for general admission, or a VIP table (seats ten) for \$300. For ticket information, call Oliver Miller at (662) 364-3443.

Columbus Pilgrimage 10k Run: The Columbus Pilgrimage 10K Run will be held April 4 at the Tennessee Williams Welcome Center and Museum. The race will wind through the Southside Historic District, Mississippi State University for Women and along the river walk. Registration is from 6:30 a.m. until 7:45

a.m., the race begins at 8 a.m. Registration fee is \$17 if post marked before March 28, or \$20 on race day. For more information contact 327-7688.

St. Patrick’s Day 5k/One Mile Fun Run: The 2009 St. Patrick’s Day Fun Run will be held at 9 a.m. March 14. The race will start at the Lake Lowndes State Park.

For more information about local area events, e-mail AFRC@columbus.af.mil or call the Airman and Family Readiness Center at 434-2790.

Visit www.columbus.af.mil to learn about Columbus AFB agencies and other important information.

BARGAIN LINE

The deadline for submitting ads is noon Monday before the desired publication date. Ads turned in after the deadline will run the following week. Ads can be mailed to or dropped off at the public affairs office in the 14th Flying Training Wing Headquarters building, e-mailed to silverwings@columbus.af.mil or faxed to 434-7009. Calling Ext. 7068 by noon Monday can extend the run date of ads already submitted. Silver Wings reserves the right to limit ads based on content, space and frequency of requests. Advertisements for private businesses or services providing a continuous source of income may not appear in the Bargain Line. They may, however, be purchased through the Commercial Dispatch, 328-2424.

Miscellaneous

For sale: 17” Roping saddle — like new — \$450 firm. 16’ Canoe w/paddles & car rack & life jackets — \$400 firm. Call 244-5717.

For sale: Size 2 pink prom dress from Southern wedding, worn once, \$150 OBO. 27” floor model console TV with swivel base & remote. Stands 33” tall, 32” wide, 19” deep, \$75. Call (662) 356-0280.

For sale: 3rd row bench seat for 1998-2002 Ford Expedition Eddie Bauer Edition. Tan Leather, excellent shape. Seat is ready to go, no stains or creases, \$400 OBO. 2008 Razor electric go-cart. Excellent shape w/ new charger, \$200 OBO. Call days 434-2707 (Ask for Chris) after 2:30 p.m. call 327-6480.

For sale: Computers; laptop, Compaq wireless, excellent condition, \$300. Desktop computer \$200, flat panel monitor \$125, ext. speakers \$25. Call 233-5391.

For sale: Double bicycle carrier, still-in-box, new easy-on and off for car/van. \$20 OBO. Antique 1930 Burlwood marble top sideboard. 74”Lx 38”Wx 25”D, 3 drawers w/ 2 side doors. Claw feet and keys.

Beautiful condition, will e-mail photos. \$1,095 OBO. Thomas Troubadour Electric Organ w/bench. Has accompanying flute, trombone, clarinet, violin, mandolin and banjo – also plays automatically. Excellent condition, \$495 OBO. RV Rock shield for towed vehicle, heavy duty plastic RM4000: protects motor home towed vehicle from rocks and gravel. Excellent condition, \$195 OBO, call 327-1205.

For sale: Cream color sofa and oversized chair w/ Ottoman \$400, river rock patio stones \$150, computer desk with roll top \$250. Call 425-6246. Call 425-6246.

For sale: 2008 Sony STR-DE197 FM/AM 100W Amp w/ video inputs, \$40, 2005 Samsung Digital Home Theater System (HT-DS610) w/ 5 disc changer, \$75, Steel Warn Winch Bumper fits ’95-’00 Chevy/GM Truck/Tahoe, \$75. Call Chris 434-7269.

For sale: One Compaq flat screen (not flat panel) computer monitor \$35, one Canon Bubble Jet printer — don’t have software, but you can download — \$10.

For sale: 300 Series Kenmore Washer & Dryer \$600 OBO Call 240-899-5721.

For sale: Whirlpool electric stove, 4 burners. Almond. Works fine. \$50. LL Bean lined jeans, black, waist 28”, \$20. Call 329-4325.

For sale: 2008 Sony STR-DE197 FM/AM 100W Amp w/ video inputs, \$40, 2005 Samsung Digital Home Theater System (HT-DS610) w/ 5 disc changer, \$75, Steel Warn Winch Bumper fits ’95-’00 Chevy/GM Truck/Tahoe, \$75. Call Chris 434-7269.

Transportation

For sale: 1997 Ford F-150 Super Cab, green w/ silver trim, extra clean lariat. Leather, V8, automatic, 120,000 miles. \$6,450 OBO. 2007 Ford Mercury Grand Marquis LS, white, beige leather, 25,369

miles. Michelin tires, 24 mpg hwy, CD/AM/FM, showroom condition, road ready, must sell. \$14,900 OBO, Call 327-1205.

For sale: 2006 Mazda RX-8, pearl white, 32,000 miles, sport and touring package, body kit, chrome 18” rims w/ low profile tires, Bose stereo system, asking payoff \$21,000. Call 425-6246.

For sale: Motorcycle — Ducati Paul Smart Limited Edition Replica PS 1000, tons of extras, showroom condition. \$10,750 OBO. 501-773-4013.

For sale: Boat Engine — Briggs and Stratton, 5hp 4 stroke, out-board camo engine, paid \$1100 new, used twice. Excellent condition. \$750. 501-773-4013.

For sale: Pontoon Boat – Triton 2007, 115 hp, excellent condition — \$13,500 obo. 662-574-6502.

Homes

For sale: 16’ X 80’ 2005 Clayton trailer, all kitchen apparel, vinyl siding, shingle roof, like new condition, \$25,000, located in Starkville. Call (228) 326-0219 or (601) 916-0111.

For Sale By Owner: 374 Chan Mar Dr, Caledonia, custom home, 4BR, 3BA, office, bonus room, formals, 2466 SF on 2.8 acres, wired shop. \$295,700. See on Yahoo Real Estate. Call 889-3974.

For sale: Caledonia home built in 2002, over 1800 sq. ft., 3BR and large bonus room. Tall ceilings, lots of windows and light, Jacuzzi tub in master bath, lots of storage room, patio area, and fenced-in yard, \$169,900. Contact Kendra Dismukes with Crye-Leike for a

showing. 386-9750 or 328-1150.

Saturday Yard Sales

2811 Old Wolford, Caledonia: 28 Feb. 9 a.m.-12 p.m. Bookcase, king size bed w/6 drawer, TV, books, clothes dishes and more. Call 356-0026.

Moving Sale: Feb. 28th @ 5654A Monroe Ave. CAFB, 8 am until 2 pm. Items for sale will include children’s books, religious books, girls clothing — size 14 & 16’s (all seasons), small wicker TV stand, charcoal grill, outside tools, household items, toys, board games, GameCube games, DVDs, small picket fence w/gate (designed for base housing) and much more. Call ahead @ 434-8238 or 601-818-1366.

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week’s issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week’s issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
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Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:
Are you happy with the Silver Wings? Yes ☐ No ☐
What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.




NEW SALEM BAPTIST CHURCH
welcomes you
7086 Wolf Road, 3 miles south of Caledonia, MS
(662) 356-4940
E-mail: newsalembaptist@cableone.net
Web-Site: newsalembaptistcaledonia.com
Bro. David R. Woods, Pastor

SUNDAY MORNINGS
(Beginning Oct. 19) 8:17 a.m. (See Pro. 8:17 KJV)
Early Worship Service
9:30 a.m. Sunday School for All Ages
10:30 a.m. Worship Service
(Children's Church for ages 4 - 2nd grade)

SUNDAY EVENINGS
(September - May) 4:00 p.m. Jr. Varsity & Varsity A.W.A.N.A.
(Jr. Varsity- ages 6,7,8 grades; Varsity: High School)
(September - May) 4:15 p.m. Club A.W.A.N.A.
(for Ages 3 yr. old - 5th Grade)
(June - August) 5:00 p.m. Summer Blast for Children
(Ages 3 yr. old - 5th Grade)
(June - August) 5:00 p.m. Summer Blast for Children
5:00 p.m. Discipleship Training for Adults
6:00 p.m. Worship
7:00 p.m. Adult Choir Practice
WEDNESDAY NIGHTS
@ 6:30 pm
Mission Friends: ages 3 - 5
R.A.s & G.A.s: 1st - 5th Grades
Youth Bible Study: 6th - 12th Grades
Adult Bible Study/Prayer
Nursery is provided for all services.

CINEMA 8
BIRTHDAY PARTIES -ONLINE TICKETING
♦ No PASSES
STADIUM SEATING
♦JONAS BROTHERS:
3-D CONCERT EXPERIENCE^{PG-13}
4:45 • 7:00 • 9:00 • Sat Mat 12:45 • 2:45
♦MADEA GOES TO JAIL^{PG-13}
4:00 • 5:00 • 6:50 • 7:30 • 9:20 • 10:00
Sat Mat 12:10 • 1:10 • 2:35
♦FIRED UP^{PG-13}
4:20 • 7:10 • 9:30 • Sat Mat 1:30
FRIDAY THE 13TH^R
5:05 • 7:30 • 9:45 • Sat Mat 12:25 • 2:40
♦CONFESSIONS OF A SHOPAHOLIC^{PG}
4:50 • 7:15 • 9:40 • Sat Mat 12:10 • 2:30
HE'S JUST NOT THAT INTO YOU^{PG-13}
4:00 • Sat Mat 1:00
THE INTERNATIONAL^R
7:10 • 9:50
TAKEN^{PG-13}
4:55 • 7:20 • 9:35 • Sat Mat 12:30 • 2:40
Hwy 45 North behind Applebee's
Columbus, MS malco.com 240-0000

First Presbyterian Church (USA)
*Where All Are Welcome*

Sunday
9:45 a.m. Church School All Ages
11:00 a.m. Worship

Sunday Evenings
Youth Programs
Nursery Provided All Services

Presbyterian Child Development Program
327-9944
Tuesday-Friday Mornings
8:30-11:30 a.m.

3200 Bluecutt Road
Columbus, Mississippi
662-328-5992

There's a Place for you at
Woodland Baptist Church
www.woodlandonline.org
3033 Ridge Road • Columbus, MS
327-6689

SUNDAY
Sunday School 9:30 a.m.
Worship Service 10:30 a.m.
Worship Service 6:00 p.m.

WEDNESDAY
Adult Bible Study
Youth Worship
AWANA 6:30 p.m.

Pastor: Mike Allred
Music Minister: Randy Comer
Youth Pastor: Matt Long

East End Baptist Church
SUNDAY
Bible Study (All Ages) 9:15AM
Morning Worship 10:30AM
Children's Handbells 4:30PM
Adult Bible Study 5:00PM
Youth Praise Choir
Pre-School Choir
Children's Graded Choir
Evening Worship 6:00PM

WEDNESDAY
AWANA 6:00PM
Prayer Service & Adult Bible Study.... 6:30PM
Sanctuary Choir Rehearsal..... 7:30PM
380 Hwy. 50 West, P.O.Box 8480
662.328.5915
www.eastendbc.org

Building the world's best warriors, leaders and professional military pilots

AF youth program offers future aviators two free summer camps

Pam Wickham
14th Force Support Squadron
marketing specialist

Air Force Services is offering two summer camps this year for young aspiring aviators — the teen aviation camp in Colorado Springs, Colo., and the Air Force Space Camp program in Huntsville, Ala.

The 10th annual teen aviation camp is offered at the Air Force Academy from May 30 to June 4. The camp is for high school students entering their sophomore or junior year in the fall of 2009. Teens who participated in the 2008 camp are not eligible to apply this year.

Attendees are selected based upon information included in their application. The deadline for submitting an application for the teen aviation camp is March 13.



The Air Force Space Camp Program at the US Space and Rocket Center is the premier provider of authentic, inspiring, and entertaining educational experiences in space science and aviation. This year's camp is July 26 to Aug. 1.

"Youth, ages 12 to 18, will experience, imagine and interact through Space Shuttle mission simulations, tours of the center and a chance to witness first-hand the everyday challenges faced by astronauts. The camp is an inspiring week of fun and enriching space

activities," said Kayline Hamilton, youth center director.

Airline or other travel costs to Huntsville are the responsibility of the attendees. All lodging, meals, and activity fees after arrival at Space Camp are available at no cost to attendees. Interested youth with a minimum GPA of 2.8 complete the electronic fill-in nomination form and submitted the youth center by April 17.

Eligible applicants for both camps include family members of active duty military assigned to or living on an Air Force Base, Air Force retired military, Air Force civilian employees, or activated Air National Guard or Air Force Reserve.

Applications for both camps are available at the youth center. For more information call 434-2504.

Terkay named AETC Finance Airman of the Year

Air Education and Training Command officials recently announced the Fiscal Year 2008 Financial Management and Comptroller Annual Awards winners, including one BLAZE Team member, recognizing the command's top individual performers and units in the field.

These individuals and units will compete in the Air Force-level competition.

Airman 1st Class Matthew M. Terkay, 14th Comptroller –Contracting Squadron provisional, was named Financial Management Airman of the Year.

The rest of the financial management and comptroller award winners are:

Master Sgt. Mandy D. Williams, 335th Training Squadron, Keesler Air Force Base, Miss., was named Educator of the Year.

The 314th Comptroller Squadron, Little Rock AFB, Ark., was named Financial Services Office of the Year

And the 81st Comptroller Squadron, Keesler AFB, won the Special Acts and Services Award.

Out of storage space. We can help!
Friendly City Mini Warehouses
24 Hour Access
5x10 • 10x10 • 10x15 • 10x20 • 20x20
2 Locations To Serve You: Highway 182 East & Off Highway 45 North on Shoney Drive
Rental Office: 516 Main Street
(Downtown next to the Post Office inside The Commercial Dispatch building)
Monday - Friday 8 a.m. - 5 p.m.
327-4236

Weekly Lenten Schedule
First United Methodist Church
602 MAIN STREET
COLUMBUS, MISSISSIPPI
662.328.5252
WWW.COLUMBUSFUMC.ORG

Communion Services
Thursdays at 7:00 a.m. in the Chapel

Lenten Luncheon
Friday, February 27 • Noon in the Artz Fellowship Hall

David Strain
of Main Street Presbyterian Church

KNIGHT'S APARTMENTS
(Located minutes from CAFB on Mike Parra Road)
2 BEDROOMS • 2 BATHS
*All Electric • Water • Septic
Garbage Bins • Furnished*
\$475/monthly • Credit Check / No Pets
Shown by Appointment Only
Call 434-6062
© Commercial Dispatch

FASHION APPAREL
1540 Gardner Blvd. • Columbus • 327-3146
RESTOCKING DAILY!

70% OFF
Retail

Children's Spring & Summer Clothing & Shoes Brands such as: Vitamins, Lipstick, Polo, Little Me, Biscotti, Tea, and many more...

75% OFF
Retail

New Shipment of Men's Polo & Chaps!

Brands such as: Bentley A. Cyrus, Elliott Lauren, Russ Berens, Patagonia, David Brooks, Sharon Young and many more...

75% OFF
Retail

Ladies Clothing & Shoes

Open Friday • Saturday • Sunday
10am-6pm 10am-3pm 1pm-5pm
We Accept Visa, MasterCard & Discover

Tobacco quitting options available at the HAWC

14th Medical Group Health and Wellness Center

Tobacco usage reports show no significant decrease in usage of tobacco on Columbus Air Force base, according to Health and Wellness Center research

In an effort to combat this issue, several resources are available for usage to CAFB community.

1) Fresh Start Program
This program starts the first Tuesday of every month. Classes are held every Tuesday at 3 p.m. It consists of four group sessions where participants discuss emotions, habits and behaviors associated with tobacco.

2) FFS Online tobacco cessation program
www.lungusa.org

This online program consists of seven modules that teach about habits, stress management, weight management, and strategies for maintaining a smoke-free lifestyle. This is a self-paced course.

3) 1-800-QUIT NOW
This program is implemented based on the stages of behavioral change. Tobacco cessation counselors complete five counseling calls (approximately one per week) where counselors discuss behavior change options, barriers to quitting and medical options with participants. Follow up is done at three, six and 12 months.

Visit the HAWC or call 434-2236 for more information on any of these tobacco cessation programs.

Columbus High AF JROTC tour



U.S. Air Force photo/Senior Airman Jacob Corbin
Steven Fisher, an instructor with Lear Siegler Services, Inc, explains the T-6 Texan II simulator to Columbus High School Junior Reserve Officer Training Corps members Kayla Woodard, Clarice Williams, Desiree Savage, Toni Petty and Mary Fugitt, Feb. 24 during their tour of Columbus Air Force Base. The JROTC students visited the simulators, view a military working dog demonstration, and toured aerospace physiology, among other visits.

Enlisted promotions



U.S. Air Force photo/Melissa Duncan

The 14th Flying Training Wing congratulates the February enlisted promotes. Pictured are (from left to right) Airman Maria Pagan-Moronta, 14th Security Forces Squadron, Airman Blaise E. Raona, 14th Operations Support Squadron, Senior Airman Ntzaki Potter, 50th Flying Training Squadron, Senior Airman Kevin Green, 14th OSS, Senior Airman Natasha Sanders, 14th OSS, Staff Sgt. Theodore Owens, 14th SFS, Staff Sgt. Remy Leguin, 14th Medical Group, Tech. Sgt. Jacob Hogan, 14th SFS, Senior Airman Billie Stone, 14th OSS, Staff Sgt. Junnhaou Huang, 14th Operations Group and Cabanayan, 14th SFS.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 60 BLAZE TEAM members are deployed worldwide. Remember to support the Airmen and their families while they are away.



Nature Trail

Many people are unaware of the opportunity to walk, run, bike or horseback ride along Columbus AFB's Timberlane Nature Trail. Along the trail, various wetlands, trees and countless wildlife can be found. To reach the recreational area, follow Independence Ave. to the runway area. Signs found alongside the dirt road toward SAC Lake offer direction to the beginning of the trails. For more information, call 434-7958



SILVER WINGS

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Submission Deadline

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Wing program helps Airmen get fit to fight

Staff Sgt. Mike Andriacco
380th Air Expeditionary Wing
Public Affairs

SOUTHWEST ASIA — Officials in the 380th Air Expeditionary Wing have developed a unique program called the Body Mass Reduction Program which is designed to aid Airmen in achieving a healthy lifestyle while improving their mission capability and contributions to the wing.

Chief Master Sgt. of the Air Force Rodney McKinley said in a Letter to Airmen in February 2008 that a healthy lifestyle is essential to the Air Force's war fighting capability and very well could save an Airman's life one day.

The goal 380th AEW's Body Mass Reduction Program is to aid Airmen in reducing their weight and maintaining a professional appearance, mission readiness, and improving their overall lifestyle.

The program is mandatory for any Airman with a Body Mass Index above 30 upon their initial weigh-in at the 380th. The program guidance outlines mandatory requirements to aid participating Airmen in adjusting their lifestyle to reflect healthy nutrition and exercise habits.

Tech Sgts. Scott Day and Chad Gibson, from the 380th Expeditionary Civil Engineering Squadron and 380th Expeditionary Maintenance Squadron respectively, began their deployments with Body Mass Indexes greater than 30. Both men have made a commitment to bringing that number down and changing their lifestyles to include better nutrition and a disciplined exercise regimen.

Sergeants Day and Gibson found themselves in a less than ideal physical condition through a variety of circumstances.

"I was playing volleyball on Sep. 10, 2001 when my knee went 'pop,'" Sergeant Day said. "The next day I saw a doctor and went through several years of off and on pain before I was diagnosed with a torn meniscus and had it surgically fixed in

May of 2004."

During long periods of pain and physical therapy, Sergeant Day was limited in his activity and gained approximately 30 pounds, he said.

Unlike Sergeant Day, who had a major injury and convalescence that lead to his fitness breakdown, Sergeant Gibson attributes it to a number of smaller things that built up over time.

"It was a combination of things for me," he said. "Long work hours, old minor sports injuries causing my body to break down a little bit, and a production-focused Air Force culture where work took a priority over fitness for a number of years, led to a long-term weight gain."

Any member required to participate in the BMR program receives education at the nutrition and weight loss class offered twice a week. Airmen on the program are required to attend but anyone who would like to learn more about nutrition and healthy habits can voluntarily attend.

A key component to improving wellness is setting attainable goals, to keep focus and to measure progress.

"I try to keep one goal at a time," said Sergeant Gibson. "It's too easy to lose focus with too many goals."

Creating an exercise plan and making eating healthy a habit is a key to success health specialists say. Both sergeants have developed exercise and diet routines that they stick to in order to monitor their progress. Just like every person is different, every exercise and diet regimen should be tailored to the individual based on his or her needs and goals.

Sergeant Day so far has lost eight pounds, he said. He runs three times per week and uses cardio equipment the rest of the time. He has an old, "unflattering" driver's license photo that keeps him motivated.

"I've also changed my diet," he said. "I never used to eat breakfast and I would have an extremely large dinner. Now, I will have a bowl of cereal with skim milk and maybe some

fruit for breakfast, a sandwich or salad for lunch and dinner along with maybe a small portion of rice. If I need a snack, it will be a healthy one consisting of fruit, yogurt or some nuts. My goal is to lose up to 10 pounds per month."

Sergeant Day will not include weight training until several months in, as adding muscle can actually cause an increase in weight.

Sergeant Gibson, on the other hand, uses a combination of exercises to keep himself from getting too bored with the routine or allowing his body to adapt to it.

"I perform cardio exercise six days a week with a random day off to recover," he said. "Three times a week I perform low-weight, high-repetition weight training because it helps burn additional calories without adding too much muscle weight. I try to keep my calorie intake below 1500 per day by eating high-protein, low-fat foods like tuna, chicken and steak and drinking a lot of water."

Sergeant Gibson also cut out snacks but occasionally will have yogurt, fruit or tuna, he said.

Each unit's BMR program is tracked by the first sergeant and any questions about the program can be directed to the "shirt."

The BMR program is not a punishment, but a program meant to reinforce good habits and discipline, and both NCOs see it that way. They said they would be making the changes without the program, but it allows for another method of tracking their progress and keeps them motivated.

The nutrition and weight loss class provides several resources for information about health and wellness. Some examples are:

My Pyramid — The Food and Drug Administration program designed to help people make healthy food choices.

The Centers for Disease Control and Prevention Web site with links to healthy living and disease prevention information.

Sports Shorts

Thursday Golf Scrambles: Starting March 19, Nine-hole scramble play will begin at 4:30 p.m. Sign up at the pro shop by 4 p.m. Cost: \$5 plus greens fees. Team format — teams selected by pro shop staff.

Traveling softball and Baseball: Registration dates for traveling softball and baseball runs until March 13, for ages 8-15 only. Games will be played against teams from the surrounding area and will be held at off base locations. Pre-season practices start April 6 and go until April 17, games start on the 18. Sports physicals are due no later than April 6. For more information please contact Brittany Rogers, youth sports director, at 434-2504.

Beginners golf clinic: There will be a beginner's golf clinic April 25 from 9 to 11 a.m. Only \$5 per person, come learn the fundamentals. If you have clubs bring them, if not, we will provide what you need. For more information, call 434-7932.

Youth spring soccer: Season opening is March 23 at the youth soccer field.

British soccer camp: Registration is going on now for ages 3 to 18. Register online at www.challengersports.com. Camp dates are June 1 to 5. Costs vary according to age and sessions. For more information, call the youth center at 434-2504.

Long Term Events

Mar. 16-20 - Spring Break
Mar. 16-20 - Night Flying

Mar. 17 - Wing CC calls, 9 a.m., 10:30 a.m., 2:30 p.m.
Mar. 19 - Dorm Dinner
Mar. 20 - Class 09-07 Assignment Night
Mar. 21 - Monte Carlo Night



There are three different methods people can use to report sexual assault. It's vital you know the difference!

Unrestricted

Chain of Command, Office of Special Investigations and Law Enforcement are notified immediately.

Restricted

Chain of Command, Office of Special Investigations and Law Enforcement are not notified.

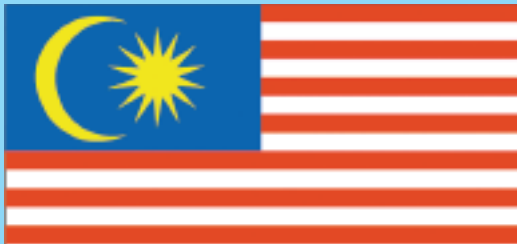
Independent

A third party tells OSI or law enforcement and an investigation is launched. Can occur with a restricted report.

Call the Sexual Assault Response Coordinator at Office: (662) 434-2875 or (662) 434-1130 Cell: (662) 386-0811
24/7 On-Call Hotline: (662) 364-0822.



Afghanistan
Aviation Leadership Program
2nd Lt. Faiz Ramaki, Class 09-09



Malaysia
Aviation Leadership Program
2nd Lt. Kamal Kamaluzaman, 10-02



Senegal
Aviation Leadership Program
2nd Lt. Khadim Diagne, Class 09-08



India
Aviation Leadership Program
Lt. Samir Abrol, Class 09-14



Peru
Aviation Leadership Program
2nd Lt. Fabian Martinez, Class 09-08



Rwanda
Aviation Leadership Program
Lt. Denis Mihigo, Class 10-01



Slovakia
Aviation Leadership Program
2nd Lt. Martin Macko, Class 09-09



Bulgaria
Aviation Leadership Program
Lt. Stoian Petkov, Class 09-15



Ecuador
Aviation Leadership Program
Lt. Roberto Yanez-Vargas, Class 09-12



Japan
Foreign Military Sales
2nd Lt. Daiki Tanaka, Class 09-08
2nd Lt. Hiroki Yano, Class 09-10
2nd Lt. Ryota Takemura, Class 09-14
2nd Lt. Hiroki Irino , Class 09-14
2nd Lt. Ryosuke Semba, Class 09-14
2nd Lt. Sakurao Ishikawa, Class 09-14
2nd Lt. Naomichi Shimamura, Class 09-15
2nd Lt. Kazushi Sugawara, Class 09-15



Ghana
Aviation Leadership Program
Lt. Archibald Opoku, Class 10-01



Iraq
Aviation Leadership Program
Lt. Falah Al Obaidi, Class 10-01
2nd Lt. Omar Al Nuaimi, Class 09-11



Portugal
Foreign Military Sales
2nd Lt. Pedro Reis, Class 09-06
2nd Lt. Augusto Figueiredo, Class 09-06
2nd Lt. Miguel Gaspar, Class 09-10
2nd Lt. Joao Maia, Class 09-10
2nd Lt. Carlos Fialho, Class 09-10
2nd Lt. Jose Rocha, Class 09-10



Singapore
Foreign Military Sales
2nd Lt. Aaron Koh, Class 09-15
2nd Lt. Dinesh George, Class 09-15



Uruguay
Aviation Leadership Program
2nd Lt. Pablo Souza, Class 09-06



Saudi Arabia
Foreign Military Sales
2nd Lt. Khalid Al Saud, Class 09-06
2nd Lt. Mohammad Al Ajmi, Class 09-06
2nd Lt. Fahad Al Saud, Class 09-06
Lt. Ali Mutmbak, Clas 10-02
Lt. Fahad Al Blaihess, Class 10-03
Lt. Al Tamimi, Class 10-06
Lt. Al Sadairi, Class 10-06
Lt. Bin Sultan Al Saud, Class 10-06
Lt. Trad Al Meatani, Class 10-06

IMSO guides, cares for international students

Senior Airman Jacob Corbin
14th Flying Training Wing Public Affairs

Every year hundreds of students graduate from Columbus Air Force Base and earn their silver wings. While most head off to another part of the country to continue training, some return to their homes – to countries ranging from Japan, to Iraq. These international students spend over a year working along side and learning with U.S. students, all the while being guided and cared for by the International Military Student Officer.

“The IMSO is a liaison for the international students,” said Capt. Marc Miedziak, 14th Flying Training Wing IMSO. “We take care of them from when they arrive here to when they arrive back home (after training).”

It’s the IMSO’s duty to coordinate the various international student programs, assist students with paperwork, track the student’s progress and generally help out the student when they need, he said. While most of these things are similar to what a U.S. student would encounter, interna-

tional students that are in-processing sometimes face additional hurdles.

“Some of these students don’t have I.D. cards or social security numbers,” he said. “We help them with those issues.”

All of the students the IMSO encounters are in one of two programs, the Aviation Leadership Program, or the Foreign Military Sales Program.

As part of the Foreign Military Sales Program, the U.S. sells training and aircraft to various allies across the globe, Captain Miedziak said.

Currently, Japan, Portugal, Singapore and Saudi Arabia all have students undergoing training at Columbus AFB as part of a foreign military sale. In addition, Italy is approved to purchase available training slots but currently has no students at CAFB.

The Air Force Security Assistance Training Squadron at Randolph AFB, Texas, approves all requests by allied members who wish to purchase

a training slot, the captain said.

“The training they undergo is exactly the same as U.S. training,” he said. “They progress along the same syllabus and meet all the same requirements.”

The Aviation Leadership Program, on the other hand, is a Secretary of the Air Force sponsored program which

invites students from around 45 allied countries to come train with, and learn about, the U.S. Air Force, he said. Each year the SAF selects 20 countries to participate in that years program. From there, the various countries select a student to send to ALP.

“We’re building good will with the future leaders of these countries,” Captain Miedziak said. “They learn about each other, they learn how the U.S. Air Force operates and why we do what we do.”

While students that are part of the Foreign Military Sales Program experience the same program as U.S. students, those in the ALS get a slightly different syllabus.

The entirety of their training takes place in the T-6 Texan II, he said. After completing training alongside one class of T-6 students, the ALP students are then placed in a second T-6 class. Also, the student’s syllabus through out the program differs slightly from their U.S. counterparts.

To help student’s better experience the culture

